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FM AMEMBASSY BRIDGETOWN
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RUEHC/SECSTATE WASHDC 4864

UNCLAS BRIDGETOWN 000720

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STATE FOR WHA/CAR

E.O. 12958: N/A
TAGS: [OTRA](#) [FAIR](#) [SC](#)
SUBJECT: COUNTRY CLEARANCE GRANTED TO PUNTONET FOR TRAVEL
TO ST. KITTS AND NEVIS

REF: FAA 051531Z

1. Embassy Bridgetown welcomes and grants clearance to
Joaquin Puntonet to travel to St. Kitts and Nevis on June 27,
2007, for the purpose of performing en route inspections.

2. Per reftel, Embassy understands assistance is not
required.

3. Embassy Bridgetown requests an outbrief be provided to the
Political/Economic Section relating to activities while in
the region within 10 working days of completion of travel.
Please provide the outbrief by telephone, 246/436-4950 X4230,
or by fax at 246/227-4174.

4. Entry requirements: Mission policy is that all USG
travelers to the region be in possession of a valid passport.
There is a departure tax of 45 xcd (Eastern Caribbea)
dollars or 16.50 U.S. dollars.

5. The exchange rate in St. Kitts and Nevis is 2.70 xcd
(Eastrn Caribbean) dollars for one U.S. dollar. U.S.currency, traveler's checks, and credit cards are routinely
and widely accepted.

6. The following is general information pertaining to
security and health considerations throughout the Eastern
Caribbean:

Security -----

In the Eastern Caribbean, foot travel outside of
well-established tourist areas is not generally recommended,
especially at night. Be vigilant when using public
telephones or ATM machines near roadsides or quiet areas. As
in many U.S. metropolitan areas, wearing expensive jewelry,
carrying expensive objects, or carrying large amounts of cash
should be avoided. Visitors should also safeguard valuables
while at the beach. While hotels are generally safe, many
visitors have experienced loss of unattended items. Hotel
burglaries are not uncommon and all valuables should be
locked in room safes if possible.

Health -----

Throughout the Eastern Caribbean, the most likely threat to a
visitor's health is sunburn. It takes several weeks to
become accustomed to the heat and humidity. Prolonged
exposure to the sun, without protection, causes sunburn and
may ultimately result in sun-damaged skin or even skin
cancer. Sunscreens should be used for protection. In
Barbados, St. Lucia, and St. Vincent and the Grenadines the
major health threat is dengue fever, transmitted by mosquito.
Dengue cases are most often seen in the summer months.
Persons should therefore protect themselves with insect
repellent. There is a growing number of HIV/AIDS cases
reported. The Eastern Caribbean enjoys clean and safe
drinking water. Only routine boosters for immunizations
(i.e., tetanus, diphtheria, and oral polio vaccine) are
required when traveling to this region. Barbados has the
best medical facilities of all the islands in the region and
most of the medical specialties have practitioners here.
GILROY